

The Northwest Highlands

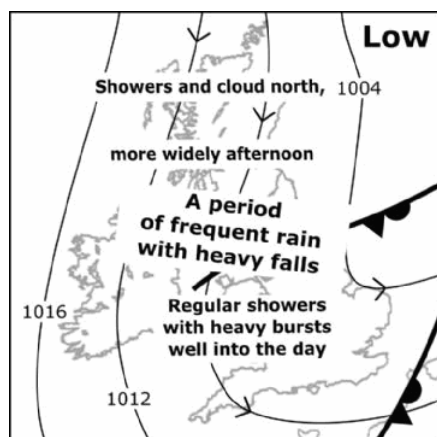
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Thursday, 20 August, 2026



British Mountain Summary:

Based on forecast chart for noon 20 August, 2026

Showers and low cloud push into north Scotland all day, feeling chilly in the wind. Showers more scattered over southern Munros. Showers affect south Scotland, England, and Wales all day, with a notable cluster of frequent heavy rain drifting south through England into the Peak District around midday, showers follow behind.

Headline for The Northwest Highlands

Frequent showers, particularly north; chilly and breezy

Detailed Forecast for Thursday, 20 August, 2026

How windy? (On the Munros)	North-northeasterly 20 to 30mph, some stronger speeds in the morning, notably west coast/Skye. Trending northerly and easing slightly, locally to 15mph.
Effect of wind on you?	Feeling distinctly chilly on exposed high terrain. Breezy over hills, affecting comfortable walking in exposure, some more strenuous moments in the early hours.
How wet? (Precipitation and its impact)	Rain on and off Pulses of showery rain spread from the north through the day, more frequent rain for periods especially north. Some heavier bursts, increasingly forming inland through afternoon, and a lingering drizzle on the high tops later in the day.
Cloud on the hills?	Fairly extensive on tops Extensive above 800-900m in the morning, lowest along north and western coasts, variably lowering to low slopes during and after showers. A lifting trend with a few breaks towards summits around Kintail/Ben Wyvis, but showery bursts return to cloud towards 700m or locally lower.
Chance of cloud free Munros?	10% north and west, to 30% south/east
Sunshine? Air clarity (below cloud)	Often cloudy, brief sun breaking through on inland southern Munros. Visibility largely poor along coastal Munros, variably improving inland and south but deteriorating here too in rain.
How Cold? (at 900m)	4 to 6C, coolest north and only minimal rise south; slightly cooler overnight. Feeling like -3 to -5C in stronger wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Friday 21 August	Saturday 22 August
How windy? (On the Munros) Effect of wind on you?	North-northwesterly 15-25mph. Fairly small, but feeling chilly on the high tops.	Northwesterly 15-25mph, notably stronger speeds over high terrain and becoming gusty. Fairly small in places; strongest wind over tops affecting ease of walking with a distinct chilly feeling.
How wet? (Precipitation and its impact)	Showers, increasingly scattered Showers drift from the north, locally frequent with a few heavy bursts in the morning, but trending less frequent with time, well-scattered inland with lengthy dry windows increasingly.	Drizzle, a few light spots Fine drizzle on high terrain much of the day, particularly along the coast where a few spots of light rain may appear from time-to-time. Driest on hills towards the east.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive on high terrain Bases near 500-700m fairly widely in the morning, to lower slopes on windward coastal aspects. A lifting trend with time, breaks forming inland, to just varied banks over tops from Easter Ross south. North and western coastal high terrain remains shrouded. 20%	Extensive The summits shrouded from dawn, lowest bases west, with lower ragged patches into sheltered glens. Soon lowering to 600m along the coast and more widely lowering with time, patches forming to coastal cliffs later. 20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, a few sunny glimpses inland southern areas as the day goes. Visibility largely poor on summits, but good below cloud.	A few early glimpses of sun to the east, soon overcast and increasingly dull with poor visibility.
How Cold? (at 900m) Freezing Level	4C, rising a degree southernmost inland hills. Feeling like -3 to -5C in strongest wind. Above the summits.	5C, rising, locally to 7C; only small drop into night. Feeling below freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 21 August, 2026

As the weekend approaches, wind shifts northerly, moving showers southward. Generally lighter wind but gusts will be common around showers. Temperature lowers too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. Heavy showers in England and Wales on Friday, then more often dry with few lighter showers through the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side into early next week. Wind shifts southwesterly and pressure drops again as the week goes, bringing periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail is uncertain, but some windows of better weather are possible, notably in north and eastern areas.

Forecast issued at 16:30 on Wednesday, 19 August, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.